



Join the Fun Now!!!

TEAM TEMPE has been designated as an Official Charity & Training Program of the P.F. Chang's Rock 'N' Roll Arizona Marathon & ½ Marathon!

Four (4) Tempe Charities are participating in **TEAM TEMPE** in an effort to raise money for programs that benefit members of our community. The following organizations are taking part:

- The Centers for Habilitation/TCH (www.tch-az.com)
- Tempe Family YMCA (www.tempeymca.org)
- Tempe Community Foundation (www.tempecommunityfoundation.org)
- Association for Supportive Childcare (www.asccaz.org)

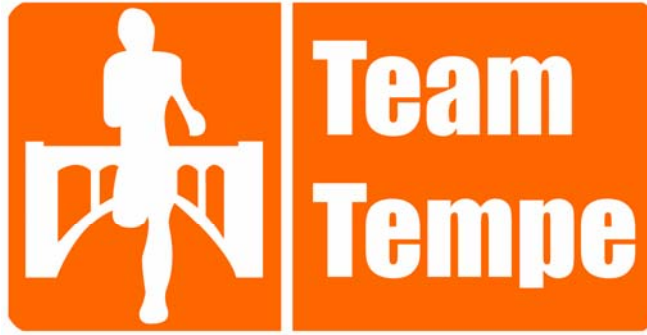
This will be the ultimate volunteer experience. First we will ask you to train to run or walk a marathon or half-marathon race. While doing so, we will also ask you to raise money that will be used to help children, families and developmentally disabled individuals in our community. These funds will be used to support different programs, scholarships and activities depending on the organization.

In return, we will provide you with methods and schedules on how to train properly, organize group training runs/walks (for all levels of ability), provide you with special team shirts, a membership at the YMCA, strength & motivational workshops, fund-raising incentives and invite you to a special pre-race pasta dinner and a post-race victory party!

**P.F. Chang's Rock 'N' Roll Arizona
Marathon & ½ Marathon
January 13, 2008**

Sign up and start training NOW!

Call or e-mail Jayson Matthews at 480-858-2302 OR
jayson_matthews@tempe.gov



Making a difference in OUR Community!

OUR COMMITMENT TO YOU

TEAM TEMPE'S COMMITMENT TO YOU

1. A comprehensive training schedule including coaching, seminars & group runs.
2. Fundraising materials and training sessions
3. Incentive prizes, team shirts, YMCA Membership and entry into the P.F. Chang's Arizona Rock 'N' Roll Marathon/Half Marathon.

YOUR COMMITMENT TO TEAM TEMPE

1. To raise a minimum of \$300 to benefit one of the Tempe Charities
2. Adhere to deadlines and team policies
3. To run or walk the P.F. Chang's Arizona Rock 'N' Roll Marathon or Half Marathon

THE ROAD TO P.F. CHANG'S ROCK 'N' ROLL ARIZONA!

August – 2007

Kick-off meeting to go over fundraising and training (attend the one that is most convenient for you)

Aug. 13 at Noon at TCH (215 W. Lodge Dr.) OR

Aug. 13 at 5:30 p.m. at the Tempe YMCA (7070 S. Rural Rd.) OR

Aug. 14 at 7:30 a.m. at the Tempe YMCA

September - October – November – December – 2007

Group Training Runs - Start Sunday, Sept. 2

Motivation and Nutrition seminars

Strength training sessions

October 4

P.F. Chang's Rock 'N' Roll kick-off event at SRP's Pera Club

October 7

Half Marathon training “officially” begins

December 6

Deadline for minimum \$500 in fundraising to get FREE race registration

December 21

All donations due to the TEAM TEMPE Charities must be recorded in your account by this day

Friday & Saturday, January 11 & 12, 2008

Health & Fitness EXPO at Phoenix Convention Center

Saturday, January 12

5:00 p.m. – Pasta dinner – carbo load at the Tempe Family YMCA

Sunday, January 13

7:40 a.m. – Marathon start

8:30 a.m. – Half Marathon start

Upon completion of race – Head for the “T” in the Family Reunion area

7:00 p.m. Concert at Tempe Beach Park

Week of January 14

Post race Victory Celebration at location/time to be named later



FUNDRAISING INCENTIVES FOR TEAM TEMPE

<u>Amount Raised</u>	<u>Incentives*</u>
\$300 minimum	+ Special TEAM TEMPE training t-shirt + YMCA Training Membership: includes seminars and instruction on strength training, nutrition & motivation. + Coaching and training schedules
\$500	+ Payment of entry fee into P.F. Chang's Arizona Rock 'N' Roll Marathon or ½ Marathon + Special TEAM TEMPE race shirt
\$750	+Invitation to TEAM TEMPE carbo- load dinner held the night before the race +special team goodie bag
\$1,000	+Invitation to Post race Victory Celebration with Tempe Mayor Hugh Hallman
\$1,500+	+Entry into drawing for an Elite Racing trip
TOP FUNDRAISER	Wins a special trip! (tba)

***At each of the higher levels you will receive all the benefits of the lower level in addition to the incentives listed.**